



# A CRITICAL REVIEW ON SHATAHWADI GHRITA -AN AYURVEDIC FORMULATION

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## ABSTRACT

Ghrita preparations are widely used in ayurveda. it has mentioned indications covering in a broader way. ghrita plays an important role in ayurveda because of its utility in decreasing the LDL cholesterol, , aiding in weight loss, improving the nutrition and metabolism of the body, improving immunity and eyesight, improving memory, protective effects in insomnia, dementia, alzheimer's, epilepsy, insanity etc. one such classical multi ingredient ghrita is shatahwadi ghrita. it has many pharmacological applications. it is formulated with broad spectrum of activities and is indicated in different types of timira. this study is an attempt to critically analyse the formulation with its insight in ingredients, dosage, indication and mode of action and its applications

**KEY WORDS** :shatahwadi ghrita, timira

## INTRODUCTION

According to Ayurveda for a person to be in Swastha (healthy) avastha, the *Doshas, dhatus* and *malas* must be in a balanced state. The *indriyas .mana* and *Atma* must also be in pleasant state<sup>1</sup>. so in order to attain this, Ayurveda has described various forms of medicine such as *Churna, Gutika, Vati, Ghrita Paka, Taila paka, Lepa, Asava, Arishta* etc. *Sneha kalpana* is a group of products prepared in the form of medicated *Taila* and *Ghrita*. According to different classics these formulations have a longer shelf life when compared to other forms of medicines. It's the only *Kalpana* amongst the four *Kalpanas* which is used through all four modes of administration i.e. *Pana, Abhyanga, Nasya & Basti*<sup>2</sup>. *Ghrita kalpana* is a formulation which is processed in a manner that both lipid and water soluble active principles of the drugs are transferred into *Ghrita*. *Shatahwadi Ghrita* is a polyherbal formulation which is formulated according to classical *Ghrita Kalpana* method<sup>3</sup>. It mainly contains *Chakshushya, Tridosahara* and *Rasayana* drugs.

## AIMS AND OBJECTIVES

- 1.To put an insight on various references and indications of *Shatahwadi Ghrita*
- 2.To understand its use in different types of *Netra rogas*
- 3.To critically analyse the *rasa panchakas* of *Shatahwadi ghrita*

## MATERIALS AND METHODS

The material is taken from various texts like *Sahasrayogam, ashtanga Sangraha, ashtanga hrudaya etc*

## LITERATURE REVIEW

**Table 1: References of Shatahwadi Ghrita**

Sl No	Name of Book	Context
1	Sahasrayogam	Sita roga chikitsa
2	Ashtanga sangraha	Uttarasthana, timira pratisheda
3	Ashtanga hrudaya	Uttarasthana, timira pratisheda

**Table 2: Indications of shatahwadi ghrita**

Sl no	Name of book	Indication
1	Sahasrayogam	Timira
2	Ashtanga Sangraha	Vataja Timira
3	Ashtanga Hrudaya	Vataja Timira

**Table 3: Drugs Mentioned in shatahwadi ghrita**

Drugs
shatahwa
kushta
jatamamsi
kakoli
ksheerakakoli
Yashtimadhu
Ikshumoola
Sarala
Pippali
Devadaru
go ghrita
go ksheera





Table 4 : Rasa Panchakas of Drugs Mentioned in Shatahwadi Ghrita

Drugs	Rasa	Guna	Virya	Vipaka
shatahwa	Katu,tikta	Laghu ,theekshna	ushna	katu
kushta	Tikta,katu	laghu,rooksha,theekshna	ushna	katu
jatamamsi	Tikta,kashaya,madhura	Laghu,snigdha	sheeta	katu
kakoli	madhura	guru	sheeta	madhura
ksheerakakoli	madhura	guru	sheeta	madhura
yashtimadhu	madhura	Guru,snigdha	sheeta	madhura
ikshumoola	madhura	Guru,snigdha	sheeta	madhura
sarala	Katu,tikta ,kashaya	Laghu,snigdha,teekshna	sheeta	katu
pippali	Katu	Laghu,teekshna,	ushna	madhura
devadaru	Tikta,katu,kashaya	Rooksha,laghu	ushna	katu

Table 5 :Karma Doshagnata and anga of drugs mentioned in shatahwadi ghrita

Drug	Botanical Name	Part Used	Karma	Ratio
Shatahwa	<i>Anethum</i> <i>Graveolens L</i>	Seeds	Vata Kaphahara, Akshirogahrut	1 part
Kushta	<i>Saussurea Lappa</i> <i>Cb. Clarke</i>	Root	Vata Kaphahara,	1 part
Jatamamsi	<i>Nardostachys</i> <i>Jatamansi De</i>	Rhizome	Tridosahara Medhya	1 part
Kakoli	<i>Roscoeia</i> <i>Purpurea</i>	Root	Vata Pittahara, Jivaniya,Rasayana	1 part
Ksheerakakoli	<i>Lilium</i> <i>Polyphyllum</i>	Root	Vatapittahara,Hrudya,Jivaniya,Bruhmana	1 part
Yashtimadhu	<i>Glycyrrhiza</i> <i>Glabra Linn</i>	Root	Pitta Vatahara, Chakshushya Bala Varna Krut	1 part
Ikshumoola	<i>Saccharum</i> <i>Officinarum Linn</i>	Root	Vata Pittahara Brhmana	1 part
Sarala	<i>Pinus Roxburghii</i> <i>Sargent</i>	Stem	Kapha Vatahara Karna Kanta Akshirogahrut	1 part
Pippali	<i>Piper Longum</i> <i>Linn</i>	Fruit	Kaphavatahara Rasayana	1 part
Devadaru	<i>Cedrus</i> <i>Deodara(Roxb.)</i> <i>Loud</i>	Bark	Vatashamaka Amahara, Shophahara	1 part
Go Ghrita	<i>Clarified Cows</i> <i>Butter</i>		Vata Pitta Shamaka	2 parts
Go Ksheera	<i>Cow Milk</i>		Vata Pitta Shamaka	8 parts

## DISCUSSION

Shatahwadi ghrita is one of the important ,unexplored formulation used in the timira chikitsa as mentioned in ashtanga hrudaya,sangraha and sahasrayogam.as it is a ghrita kalpana, it can be used in the form of aschyotana,tarpana ,nasya and pana to reach the target tissue

According to dosha- shatahwadi ghrita mainly acts on tridosha ,more commonly vata shamaka in nature

According to dhatu- on analyzing different properties ,this ghrita acts mainly on rakta ,mamsa,medha and rasa dhatu

Pitta involved in Dristi is Alochaka pitta and vata involved is Prana Vayu and kapha involved is tarpaka kapha. Dristipatala is the seat of Alochaka pitta and it receives indriyarth in the

presence of manas. Prana Vayu controls this action. Thus, dristipatala becomes the meeting point of prana Vayu, Alochaka pitta and mana. This results in indriyarth sannikarsha. So, when any of these doshas is hampered due to various nidanas, indriyarth saanikarsha does not happen and hence visual defect occurs.

In contemporary science,degenerative eye disorders like optic atrophy,retinitis pigmentosa etc involves the vitiation of all the doshas causing the degeneration. the optic nerve impulses are not transferred to the visual cortex which shows the impairment of vata dosha and as a result the optic nerve is not nourished ,which shows the impairment of kapha, and pitta is the sthanika dosha in Netra which shows the involvement of pitta .

The drugs mentioned in this ghrita are mainly tridosahara ,bruhmana and jivaniya,hence can be used in all types of timira



where multiple doshas are vitiated and also in kshayaja netra vikaras

## CONCLUSION

Shatahwadi ghrita which is mentioned in various texts is an important unexplored ghrita formulation which has tridosahara,bruhmana and jivaniya properties,which can be used in the form of ,aschyotana,tarpana,nasya ,ghrita pana in all types of timira and degenerative disorders of eye

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